

# Visitor Control Center, gate changes begin June 30

Lyman Gate to receive upgrades, VCC temporarily moves to Kawamura Gate

**SARAH PACHECO**  
News Editor

WHEELER ARMY AIRFIELD — Due to upcoming construction on Lyman Gate, the Schofield Barracks Visitor Control Center, or VCC, will be relocated to Kawamura Gate, here, as of 5 a.m., June 30.

The move allows for planned upgrades to Lyman Gate, which include the following:

- Adding longer queuing lanes to allow for faster permit processing and lessening of the backlog of traffic on Kunia Road;
- Constructing a new raised concrete island and wooden catwalk under the existing sprung structure large tent to allow personnel to view the content of large trucks and containers that enter the VCC; and
- Installing lighting, phones and other commu-



The above map illustrates changes in traffic flow patterns along Santos Dumont Road and Wright Avenue to accommodate the temporary relocation of the VCC to Kawamura Gate, beginning June 30.

See VISITOR CONTROL A-8

# Specialist in 2nd Brigade saves woman’s life in Fla.

**2ND BRIGADE COMBAT TEAM PUBLIC AFFAIRS,  
25TH INFANTRY DIVISION**

News Release

SCHOFIELD BARRACKS — While visiting family on leave from Schofield Barracks, Spc. Kevin Holt, combat medic, 225th Brigade Support Battalion, 2nd Brigade Combat Team, 25th Infantry Division, and his father, Roger Holt, a former U.S. Army artilleryman, rescued a woman who was attacked and stabbed by a Holly Hill, Fla., man after she refused his romantic overtures.

According to Holly Hill police, Michael Anselmo, 64, stabbed the 47-year-old woman once in the chest before trying to slash her throat after an argument over her rejection of Anselmo’s request for a romantic relationship.

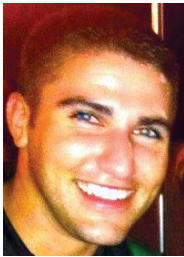
Kevin and Roger Holt witnessed the attack during a golf outing and came to the woman’s aid. Roger Holt held Anselmo at bay with a golf club while Kevin Holt rendered first aid to the victim, police said.

“I was calm; I wasn’t thinking anything to be honest,” said Kevin Holt, adding he relied on his Army training to render first aid to the woman. “I was just thinking I needed to help this lady.”

“Thanks to the courageous actions of these individuals the victim was rescued from a vicious attack and almost-certain death,” said Mark Barker, police chief, Holly Hill Police.

Anselmo was arrested on attempted murder charges and taken to the Volusia County Branch Jail.

The woman, who police said has known Anselmo for the last 10 years and cooked and performed household chores for him, was taken to Halifax Health Emergency Department. Her condition is not known.



Holt

# OWIE discusses wildfire prevention

Story and Photo by  
**ANGELA SANDERS**  
Fire Inspector, Federal Fire Department Hawaii

HONOLULU — Oahu-based fire departments officials hosted a press conference at its headquarters, June 13, to ask for public cooperation and support in the prevention of wildfires. Representatives from the Oahu Wildfire Information and Education, or OWIE, Group include working group members from the Honolulu Fire Department, the Federal Fire Department, Army Wildfire Management, the Department of Land and Natural Resources and the Honolulu Police Department.

The group convenes each year to formulate ways to promote public awareness and education about the prevention of wildfires. “Be vigilant at all times and report any suspected activity,” said fire chief Kenneth Silva, fire chief, HFD, in seeking the public’s help during the current dry and active wildfire season. Glenn DeLaura, fire chief, Fed. Fire, advised the public to “ensure your property is cleared of unnecessary shrubbery and debris, and call 911 immediately.” Each agency exhibited its wildland firefighting apparatus in front of a fence that displayed a key message, “Prevent Wildfires,” a

See WILDFIRES A-8



Loran Doane | U.S. Army Garrison-Hawaii Public Affairs

HALEIWA — This September 2010 file photo of wildland firefighters Shannon Sison (left) and John Scanlan, U.S. Army Garrison-Hawaii, depicts a controlled burn at the James Campbell National Wildlife Refuge, here to protect nesting grounds for endangered native Hawaiian wetland birds. However, unintentional fires can spread through areas with overgrown, dry and tall vegetation. Fire officials recommend clearing property of unnecessary shrubbery and debris and remaining vigilant of any suspected activity to help prevent wildfires during the island’s current dry season.

# Polo, unit challenge highlight local Army birthday celebration festivities



Photo Courtesy U.S. Army-Pacific Public Affairs

WAIKIKI — The U.S. Army-Pacific color guard posts the colors to kick off events of the 237th Army Commemoration Ball, held at the Hilton Hawaii Village, here, June 15.

**STAFF SGT. CASHMERE JEFFERSON**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER — About 2,200 people came out to Palm Circle, here, June 16, for an afternoon of entertainment that capped off a week of events celebrating the Army’s 237th birthday.

The celebration started with children’s activities, vintage vehicle displays and a working dog demonstration put on by the 8th Military Police Brigade, 8th Theater Sustainment Command, before the Army Birthday Unit Challenge began.

During the challenge, units competed in events such as tug of war, a ski race, a best beverage and best dessert contest, musical chairs and spirit points. The 8th Special Troops Battalion, 8th TSC, earned first place bragging rights; Schofield Barracks Health Clinic came in second.

“There were a variety of events for the kids and people all ages, and the unit events were great,” said Staff Sgt. Rashana Dunn, Pediatrics and OB/GYN clinics, Schofield Barracks Health Clinic.

One the evening’s highlights was the Army Gold versus Army Black polo match.

“This was my first polo match, and I really found the game to be very exciting,” Dunn said. “I didn’t know they had female polo players, and I was very impressed. Despite the rain, I really had a great time and can’t wait for the next polo event.”

The polo match ended in a tie at six goals apiece. At the end of the game, Lt. Gen. Francis Wiercinski, commander, USARPAC, congratulated the players.

“As we honor the 237th birthday of our Army, we close the week with one of our oldest Army traditions,” Wiercinski said. “This is what it’s all about.”

Following an awards ceremony, an 8th TSC flag detail retired the colors, and Palm Circle became a giant dance floor as a deejay played music into the night.

**MORE PHOTOS**  
• A-3 and B-2.

## Barracks | A-2

Helemano Military Reservation to have new housing facility come October.

## Golden Dragons | A-4

Soldiers focus on live-fire exercise while on Big Island.



## Onstage | B-1

California rock band Jack’s Mannequin to headline Fourth of July concert.

## Surgeon General | B-4

Army Surgeon General tours USAG-HI facilities, hears feedback from military medical staff.



We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3156, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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BACKTObASICS

Leaders must adapt to a peacetime Army

SGT. MAJ. GLENN SCOTT CASPARI

94th Army Air and Missile Defense Command

As the Army moves “back to the basics,” it is important that we do two things.

First, we must recognize that the Soldiers standing in our formations have performed their duties to the highest standards and have accomplished any and all missions. We have deployed more often and for longer duration than at any time since Vietnam; we fought counterinsurgency and counterterrorism wars in two separate countries, simultaneously, while maintaining our readiness and capabilities to deter our enemies in other theaters.

No other nation could expect as much from its men and women in uniform and their families.

The second thing we must do is explain why the Army needs to change. Our job is to recognize what has changed and adapt our tactics, techniques and procedures to the environment in which we must operate.

Before 9/11, we were a peacetime Army, fighting for resources while monitoring various threats around the globe. Units down to company level selected the



Caspari

critical tasks required to support the higher headquarters’ mission. Sergeants down to the individual team level selected, resourced and conducted to standard common task and crew drill training for their Soldiers. First-line leaders made sure their Soldiers were getting paid properly, living in adequate housing and prepared to conduct training. These leaders also made sure that their Soldiers were counseled for promotion and training readiness.

After 9/11, the entire nation recognized the terrorist threat from southwest Asia, and the Army adapted. The Army Force Generation, or ARFORGEN, process was developed to prepare units as quickly as possible for deployment into an unfamiliar area of operations to accomplish a nonstandard mission against an irregular enemy who fought with ever-evolving tactics.

For the better part of the decade, most units were either continuously in theater or preparing to return to theater. The selecting, planning and resourcing of training was all done for the unit. The role of the first-line leader was the same, but the things the first-line leader had to focus on changed: the planning horizon only went as far as the current mission, and execution, not training, was the most important.

After more than a decade of war, now we must transition again. The problem is that anyone who joined the Army in the last 10 years or so has only ex-

perienced the way the Army works at war, or the ARFORGEN model.

A generation of leaders has grown up without ever receiving the training required to read a Soldier’s Leave and Earnings Statement, or LES; to conduct monthly performance counseling; or to plan, resource, rehearse and conduct squad-level training.

The environment in which we find ourselves is similar to the environment prior to 9/11. We can only expect resources to become scarce, our personnel end-strength to shrink, and equipment and training dollars to evaporate.

We must adjust the program of instruction in our Noncommissioned Officer Education System. More importantly, senior leaders with the resident experience in the areas of training management and garrison operations must actively train, mentor and counsel Soldiers.

The general responsibilities of the first-line leader have not changed — accomplish the mission and the welfare of the Soldiers. But in our move “back to the basics,” we must ensure that our first-line leaders have all the tools they need to adapt to the changing environment. Then, we must trust the “backbone” to support all the other parts, just as it always has.

(Editor’s Note: Caspari is the operations sergeant major at 94th AAMDC.)

Officials break ground for new housing at Helemano

140 unaccompanied enlisted personnel to get new barracks

Story and Photo by

DINO BUCHANAN

U.S. Army Corps of Engineers-Honolulu District Public Affairs

FORT SHAFTER — U.S. Army Corps of Engineers-Honolulu District and Honolulu-based contractor Sumo-Nan officials broke ground, June 14, on a new unaccompanied enlisted personnel housing facility (barracks) for 140 personnel at Helemano Military Reservation.

The barracks, scheduled to be completed in October 2013, will house Soldiers of the 307th Integrated Theater Signal Battalion, 516th Sig. Brigade.

Kahu Sherman Thompson led the site blessing and groundbreaking ceremonies that were attended by Col. Jay Hammer, executive officer, U.S. Army Garrison-Hawaii; Svetlana O’Malley, project manager, Directorate of Public Works, USAG-HI; Stan Sagum, project engineer, Sumo-Nan; and Louis Muzzarini, chief, construction branch, COE-HD.

“Honolulu District is committed to building and managing the construction of high-quality projects that improve the quality of life for service members and their families and that provide jobs and money, which stimulate the local economy,” Muzzarini said. “While this is the first barracks to be constructed by Sumo-Nan, Nan has successfully completed several barracks for the Army, most recently having built the new barracks on



Kahu Sherman Thompson (left) assists Stan Sagum, project engineer, Sumo-Nan; Col. Jay Hammer, executive officer, USAG-HI; and Louis Muzzarini, chief, construction branch, COE-HD, with the ceremonial untying of the maile lei during site blessing and groundbreaking ceremonies held for a new 140-personnel barracks at Helemano Military Reservation, June 14.

Fort Shafter.”

The new facility features 70 units in a one-plus-one configuration consisting of two bedrooms with walk-in closets, a shared bath, a kitchenette and dining area, with fire alarm/sprinkler protection, air conditioning and mass notification systems.

Also included are laundry facilities on each floor, boot wash stations at each ground-floor entry, a full basketball court, barbecue area, plus motorcycle and

bicycle shelters.

The contractor’s design team will be required to meet Leadership in Energy and Environmental Design, or LEED, Silver certification, or better, for the design and construction of the facility.

The project was awarded as a \$28,024,553 firm-fixed-price contract Sept. 1, 2011. It had been solicited as a small business set aside; eight proposals were received.

FOOTSTEPS in FAITH

Friends act as guides during moments of uncertainty

CHAPLAIN (CAPT.) PHILIP JEON

307th Expeditionary Signal Battalion, 311th Signal Command

*Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things. Whatever you have learned or received or heard from me, or seen in me — put it into practice, and the God of peace will be with you.*

— Philippians 4: 8-9

There is a field with two horses in it. From a distance, each horse looks like any other horse, but if you stop your car, or are walking by, you will notice something quite amazing.

Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him. This alone is amazing.

If you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to the horse’s halter is a small bell. It lets the blind horse know where the other horse is, so he can follow. This helping horse is called “Seeing Buddy.”

As you stand and watch these two horses, you’ll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell, and then slowly walk to where the other horse is, trusting that he will not be led astray. When the horse with the bell returns to the shelter of the barn each evening, it stops occasionally and looks back, making sure the blind friend isn’t too far behind.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges. He watches over us and even brings others into our lives to help us when we are in need.

In the Army, we have recognized this need, and therefore, we identify fellow Soldiers to the right and left of us as our “Battle Buddy.”

And in this sense, sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives. Other times, we are the guide horse, helping others to find their way.

Good friends are like that ... you may not always



Jeon

see them, but you know they are always there. Please listen for my bell, and I’ll listen for yours. And remember, be kinder than necessary; everyone you meet is fighting some kind of battle.

How many horses with bells and how many blind horses have you identified? How helpful are you to your “Battle Buddy,” and how have you been helped by your “Battle Buddy?”

What part do you play?

*“Live simply, love generously, care deeply, speak kindly. Leave the rest to God!”*

—Anonymous

Getting it Straight

The web address listed in the May 25 article “DPW releases water reports” was incorrect. U.S. Army Garrison-Hawaii Consumer Confidence Reports can be viewed at [www.garrison.hawaii.army.mil/sustainability/DrinkingWater.aspx](http://www.garrison.hawaii.army.mil/sustainability/DrinkingWater.aspx).

Voices of Ohana

June is National Safety Month.

What more can be done to improve safety on military bases?

Photos by 84th Engineer Battalion Public Affairs, 130th Engineer Brigade, 8th Theater Sustainment Command



“There isn’t anything that the Army doesn’t teach us, tell us or train us on when it comes to safety. I believe the system in place is a good one.”

Staff Sgt. Catina Buckalew

HHC, 84th Eng. Bn.



“It’d be both convenient and improve safety if your CAC worked like an EZ Pass system (like those used on highways) at the gate.”

Capt. Eric Creighton

HHC, 84th Eng. Bn.



“The Soldiers and family members need to want to see changes. Unfortunately, this base needs incentives to do the right thing.”

2nd Lt. Carolyn Johnson

HHC, 84th Eng. Bn.



“Gate security should scan your CAC card upon entrance onto base. Currently, they barely even look at the card sometimes.”

Spc. Ashley Leon Guerrero

HHC, 84th Eng. Bn.



“Road signs on base are often conflicting and confusing. Create a panel to review and correct this so drivers can focus on driving instead of figuring out signage.”

1st Lt. Pat Ripton

HHC, 84th Eng. Bn.



# Waianae man gets Warrior title

**U.S. ARMY-PACIFIC PUBLIC AFFAIRS**

FORT SHAFTER — The 2012 U.S. Army-Pacific Mana O Ke Koa “Spirit of the Warrior” award was presented to a Waianae resident during the U.S. Army-Pacific Birthday Commemoration at the Hilton Hawaiian Village in Waikiki, June 15.



Silva

Albert Hollis Silva received the award, which recognizes active community leaders who embody the “warrior ethos.”

Military and community leaders from across the Pacific attended the ceremony hosted by Lt. Gen. Francis Wiercinski, commander, US-ARPAC.

“Army Soldiers have given their lives and so much for this country,” Silva said. “This is such an honor. I’m just a country Jack whose heart is in the bush with nature and animals, but I want to be counted as an (Army) supporter.”

Known as the “giving cowboy” or “paniolo,” Silva has supported the military in Hawaii for more than 40 years. He has served as an advisor to numerous commanders in Hawaii and has played an active role as part of the Waianae Military Civilian Advisory Council for 25 years.

Also, Silva has hosted an annual, no-cost luau for Army personnel and community leaders. The luau recognizes military support to the Waianae coast through school beautification, tutoring students and assisting JROTC cadets.

Silva described Waianae JROTC cadets as “heartwarming.”

“I am looking at our future — Americans ready to serve,” he said.

Silva created a scholarship program for JROTC cadets and supports the JROTC Waianae Adventure Challenge at his Albert Silva Ranch.

“I support them (JROTC cadets) a thousand percent,” he said.

As a member of U.S. Army Garrison-Hawaii’s Waianae Community Information Council, Silva provides timely, pertinent and current information about the Army and its programs to the Waianae coast community.

“I was raised to help the people and be good to your community,” Silva said. “My mother put it into me at a young age that you have to give back. With all the pleasures I have received in my lifetime, I know I’ve got to give back to the military and the community.”



## USAG-P hosts celebration

**BOB MCELROY**  
U.S. Army Garrison-Pohakuloa Public Affairs

POHAKULOA TRAINING AREA, Hawaii — U.S. Army Garrison-Pohakuloa celebrated the Army’s 237th birthday with a brief ceremony and a cake cutting by the oldest and youngest Soldiers, here, June 14.

Steve Trout, plans and operations officer, USAG-P, opened the ceremony with a reading of the Army birthday message from Army Chief of Staff Gen. Ray Odierno.

Lt. Col. Chris Niles, commander, USAG-P, addressed the Army’s history of service to America and its traditions. He asked those attending to remember and honor the Soldiers who have died throughout history, as well as those Soldiers who never came home.

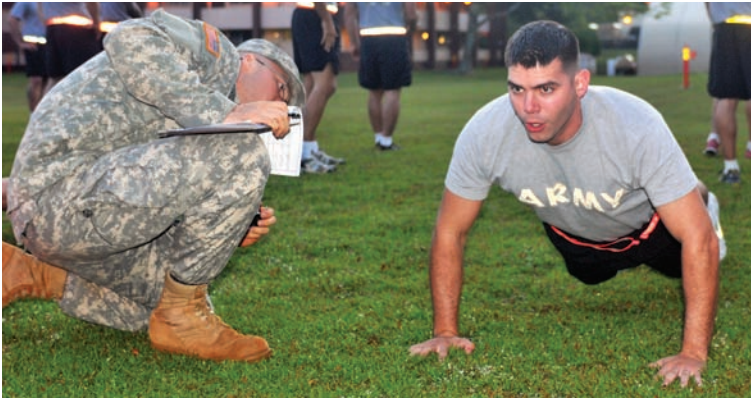
Following Niles’ remarks, retired Sgt. 1st Class Decky Lopez, supervisor, Range Operations, USAG-P; and Staff Sgt. Nathan T. Brown, training noncommissioned officer, 100th Battalion, 442nd Infantry Regiment, cut the cake with a saber.

## PACIFIC ARMY WEEK HIGHLIGHTS



Photos Courtesy U.S. Army-Pacific Public Affairs

WAIKIKI — Lt. Gen. Francis Wiercinski (left), commander, U.S. Army-Pacific, and Sgt. Maj. Nathan Hunt (right), command sergeant major, 8th Theater Sustainment Command, cut the ceremonial cake with retired Brig. Gen. Irwin Cockett (second from left) and Pvt. David Crane, 82nd Eng. Support Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th TSC, USARPAC’s oldest and youngest Soliders, respectively, at the 237th Army Commemoration Ball, held at the Hilton Hawaiian Village, here, June 15.



FORT SHAFTER — Spc. Nicholas Dabney, Tripler Army Medical Center, performs push-ups during the physical fitness test portion of the Warrior Challenge, a USARPAC competition designed to find the best Noncommissioned Officer and Soldier in the Pacific, held here, June 11-14.



FORT SHAFTER — Pfc. Clayton Muller, Bravo Company, 2nd Battery Battalion, 11th Field Artillery Regiment, 25th Infantry Division, performs warrior tasks during the Warrior Challenge.



FORT SHAFTER — Pfc. Jose Figueroa, 536th Maintenance Control Section, 25th ID, demonstrates his ability to apply first aid during the USARPAC Warrior Challenge. Figueroa won the title of USARPAC Soldier of the Year (see related story below).



Spc. David Seong | U.S. Army-Pacific Public Affairs

FORT SHAFTER — The above photo shows a look from behind home plate at the Colonels versus Sergeants Major softball game, held at Takata Field, here, June 13 as part of Pacific Army Week, which celebrated the Army’s 237th birthday. The Sergeants Major (in blue) won with a final score of 8-7.

## MAYOR’S PROCLAMATION



Russell Dodson | U.S. Army-Pacific Public Affairs

HONOLULU — City and County of Honolulu Mayor Peter Carlisle (center) presents a proclamation to Maj. Gen. Roger Mathews (front, right), deputy commander, USARPAC, and Soldiers from Headquarters and Headquarters Battalion, USARPAC, proclaiming June 14 “United State’s Army Day” in a ceremony held here, June 13.

# Two named best of best in Warrior Challenge

**U.S. ARMY-PACIFIC PUBLIC AFFAIRS**  
New Release

WAIKIKI — U.S. Army-Pacific announced the names of the two top Soldiers in the Pacific during the 237th Army Birthday Commemoration at Hilton Hawaiian Village, here, June 15.

Staff Sgt. Neal Lang III, Eighth Army, won the US-ARPAC Noncommissioned Officer of the Year competition, and Pfc. Jose Figueroa, 8th Theater Sustainment Command, won the USARPAC Soldier of the Year competition.

“I’ve worked very hard and made sacrifices to get where I’m at,” said Lang earlier in the competition. “It would be a great honor to represent US-ARPAC.”

Figueroa offered advice to Soldiers considering entering the tough competition.

“I would tell them to never give up and to train and practice, and it’ll pay off one day,” he said.

The Warrior Challenge is a USARPAC competition designed to find the best NCO and Soldier in the Pacific. The competition consists of scored events that include a written examination, an appearance in front of a command sergeants major board, an M4 carbine qualification, pre-combat



Figueroa



Lang III

inspections, a physical fitness test, day and night land navigation, combatives and a variety of demanding warrior tasks.

At the end of the competition, points are tallied and the highest-scoring NCO and Soldier are chosen as NCO and Soldier of the Year for US-ARPAC.

“Soldiers who make it to this level of competition have already won several different competitions before getting here,” said Command Sgt. Maj. Nathan Hunt III, command sergeant major, 8th TSC.

“They are all winners and the best-trained warriors in their command,” he added of the elite

competitors.

“I’ve learned a lot about myself during this competition because I had to mentor Soldiers, and they showed me how well I could communicate for all of us to be successful,” Lang said.

The two winning Soldiers will move on to a Department of the Army competition held in October to determine the Armywide NCO and Soldier of the Year winners.

USARPAC competition planners looked closely at the DA contest to best prepare their contenders for the next level of competition.

“At this level, the events have to be designed to find the best out of the best,” Hunt said. “The leaders and planners who put the competition together know how to do just that.”

Lang is a launcher section chief with Battery C, 1st Battalion, 38th Field Artillery Regiment, 210th Fires Brigade, 2nd Infantry Division, Camp Casey, South Korea.

Figueroa is a Standard Army Maintenance System-Enhanced operator with the 536th Maintenance Control Section, 524th Combat Sustainment Support Battalion, 45th Sust. Brigade, 8th TSC, Schofield Barracks.



PTA

POHAKULOA TRAINING AREA

‘Golden Dragons’ get back to the basics at PTA

Story and Photo by  
**SGT. DANIEL JOHNSON**  
2nd Brigade Combat Team Public Affairs,  
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Soldiers of the 1st Battalion, 14th Infantry Regiment, “Golden Dragons,” 2nd Brigade Combat Team, 25th Infantry Division, deployed for a monthlong exercise to conduct battalion training and live fire, here, May 10.

Training consisted of squad- and platoon-level live-fire exercises, as well as basic and advanced marksmanship proficiency.

The deployment of the battalion from Schofield Barracks on Oahu to another island also allowed it to validate logistics plans and deployment capabilities in preparation for future deployments.

“My job is to train our battalion and make sure we’re ready to deploy into any circumstance our command group would need us to,” said Lt. Col. Jonathan Larsen, commander, 1st Bn., 14th Inf. Regt. “Whether this means humanitarian missions in the Pacific or combat missions overseas, we’re ready for it.”

“We train the fundamentals. If we can do the basics better than anyone, we will fight better than anyone,” said Capt. John Staeheli, commander, Company A, 1st Bn., 14th Inf. Regt. “The fundamentals are what will save our Soldiers’ lives in an overseas environment.”

The focus of the battalion’s training in the earlier part of this year was fundamentals at the individual Soldier and fire team level. The deployment to PTA has allowed the battalion to expand that training.

“Starting in January 2012, we emphasized basic marksmanship programs and progressed into advanced marksmanship programs that led to team live-fire exercises on Oahu,” Larsen said. “We decided to focus on squad and platoon live-fire exercises while at PTA.” Live-fire exer-



Soldiers with the 1st Bn., 14th Inf. Regt., “Golden Dragons,” 2nd BCT, 25th ID, provide suppressive fire on a target during a training exercise at PTA, June 6.

cises, such as this, help build confidence in leaders by allowing them to take direct control on the battlefield and employ assets at the battalion level to complete the mission.

“The training incorporates our fundamentals training while having a platoon leader maneuver squads against an enemy force,” Staeheli said. “This allows our platoon leaders to understand what assets they have available to them, such as battalion mortar and engineer capabilities.”

The deployment to the Big Island had added benefits. Not only was the battalion able to work

on perfecting its warfighting abilities, it was also able to improve its ability to deploy on short notice.

“This type of training is absolutely critical; it tests your systems,” said Staeheli. “We’ve learned how to phase our logistics into our plan, allowing us to move directly into the mission when we hit the ground.”

“We were able to verify and validate battalion standing operating procedures, or SOPs, for movement and deployment,” Larsen said. “Specifically, I’ve been able to identify where we need to employ command post emphasis.”

The mission at PTA has been a success in the commander’s eyes.

“I can’t tell you how pleased I am as a commander to see the way they’ve tackled all of challenges that have come at them,” Larsen said. “They’ve accomplished more in the training than I had envisioned, which is tremendous for a commander to feel.”

“When we leave PTA, we won’t see this as the end; this is the beginning,” Staeheli said. “We will take what we’ve done here, and we’re going to continue to get better with platoon live-fires and our fundamentals.”

## Strategic partnership ensures security in Pacific region

Story and Photo by  
**SGT. DANIEL JOHNSON**  
2nd Brigade Combat Team Public Affairs,  
25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Soldiers of the 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, and the 7th Royal Australian Regiment, deployed for a monthlong combined training exercise as part of the Theater Security Cooper-

ation Program, here, May 10.

Soldiers from both militaries executed multiple missions including squad- and platoon-based live-fire exercises, as well as training on infantry tactics and communication in a combined environment.

“Throughout the exercise, we’ve been conducting squad-size tactical scenarios,” said Cpl. Jareth Merriman, squad leader, 7th RAR. “This includes movement with mounted assets and ma-

neuver support teams.”

“Training opportunities such as this are very eye-opening for a lot of our troops,” said Lt. Ben Carbis, platoon commander, 7th RAR. “The training and resources available to us here have helped us improve tenfold.”

Combined exercises, such as this, present an unique opportunity for Soldiers to interact with allied militaries in the Pacific region, as well as new challenges and learning opportunities for those on both sides.

“Partnering with the Australians had some unforeseen benefits,” said Capt. John Staeheli, commander, Company A, 1st Bn., 14th Inf. Regt. “Motivation goes up and (Soldiers) learn more, because not only are they practicing, but they are teaching their Australian counterparts and learning how the Australians do things.”

“Working together, we have identified the differences between standard operating procedures ... (and) were able to utilize each others’ capabilities to plug any gaps,” Carbis said.

“I’m very comfortable with the partnership that USARPAC and the 25th Infantry Division has taken on by asking us to execute the Theater Security Cooperation Program,” said Lt. Col. Jonathan Larsen, commander, 1st Bn., 14th Inf. Regt.

Training at PTA has allowed both militaries to expand their capabilities in movement and deployment operations while strengthening interoperability between the two Pacific partners.

“The complex terrain is a lot different than what we’ve experienced in Australia,” Carbis

said. “It’s been an interesting experience — everything from planning to terrain analysis — and has opened up excellent training opportunities.”

“We can develop a lasting partnership over time,” Staeheli said. “The hardship conditions experienced while working with each other in simulated combat scenarios brings Soldiers together and creates a much tighter partnership at the Soldier and leader levels.”

A strong partnership with allies in the Pacific is critical to continued security operations in the region. Training such as this allows the forces of each military to develop lasting relationships that will in turn make deployment operations more successful.

“Interoperability is incredibly critical,” Larsen said. “Even though our infantry tactics are similar, they are equally dissimilar. We need to be able to understand how they fight, as they need to understand how we fight. We’ve been able to educate the leaders in both militaries on how we operate.”

“The Americans have a lot of experience throughout the ranks, and working with (them) is becoming a piece of cake,” Merriman said.

“When we leave PTA, we won’t see this as the end; this is the beginning. We will take what we’ve done here, and we’re going to continue to get better,” Staeheli said.

“I’m extremely proud of the way the Soldiers have handled themselves,” Larsen said. “The flexibility and initiative they’ve shown ... to be able to get the most out of the training that they are given ... is outstanding.”



Staff Sgt. Christopher Camaioni (left), infantryman, 1st Bn., 14th Inf. Regt., 2nd BCT, 25th ID, gives guidance to soldiers of the 7th RAR as they provide suppressive fire on enemy targets during their live-fire exercise at PTA, June 6.

### DEPLOYED FORCES

## 25th CAB teaches Pathfinder maneuvers to Afghan soldiers

Story and Photo by  
**SGT. DANIEL SCHROEDER**  
25th Combat Aviation Brigade Public Affairs

FORWARD OPERATING BASE WOLVERINE, Afghanistan — Eight Afghan soldiers from 4th Kandak, 2nd Brigade, 205th Corps, graduated from the first-ever Rado Barq Zadan “Lightning Strike” Pathfinder academy, here, June 14.

Pathfinders from Company F, 2nd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, at Forward Operating Base Wolverine, Afghanistan, taught the class; Lt. Col. AJ Hotek, executive officer, 4th Kandak, presented the graduates their Pathfinder Lightning Strike Scrolls, and Lt. Col. Kelly Hines, commander, 2nd Bn., 25th Avn. Regt., presented the graduates with certificates of completion.

Pathfinders navigate their way through foreign terrain and establish safe landing zones for Airborne and Air Assault Soldiers or Army aircraft. Many times they are asked to parachute into remote areas, navigate their way to unobstructed locations, and then relay those coordinates back to a command center.

During the training, soldiers learned how to conduct Pathfinder, Air Assault and Lightning Strike operations with the goal of later training others throughout the Afghan National Army in

Pathfinder operations.

By the end of the two-week course, the soldiers could plan and execute air assault operations; conduct tactical site exploitation; conduct partnered Lightning Strike operations; execute Medical Evacuation, or MEDEVAC, operations; and rig, certify and execute sling-load operations.

“These classes are designed to help the Afghan army sustain outlying combat outposts, or COPs, and forward operating bases, or FOBs, once coalition forces leave Afghanistan,” said Sgt. 1st Class John Jackson, platoon sergeant, Co. F, 2nd Bn., 25th Avn. Regt., 25th CAB.

“The lesson plan was very aggressive covering a broad spectrum of topics,” Jackson added. “They accomplished quite a bit with minimal assets and time for the first course.”

During the combat care course of instruction, the soldiers learned how to administer life-saving care before a patient can be treated by medical personnel.

“Our soldiers need to know these things so they can teach it to others,” said 1st Lt. Abdul, commander, Engineering Co., 4th Kandak, 2nd Bde., 205th Corps. “They did not know how to apply a tourniquet properly until this class. By the end of the medical portion of class, they were able to apply a tourniquet properly and administer the proper care to save their fellow

soldier’s life.”

The Afghan soldiers also learned about sling-load operations by rigging and certifying a 20-foot container full of supplies that needed to be transported to another outpost.

“The Afghans were very professional during the whole training,” Jackson said. “With this

training, they can become self-sustaining in the movement of supplies and equipment by utilizing their assets.”

“All the personnel in the 4th Kandak need this type of training, since we are the support battalion for the other Kandak units,” said Satar. “We had a good counterpart to work with.”



Sgt. Joseph Suave (back), senior medic, 1st Platoon, Co. F, 2nd Bn., 25th Avn. Regt., 25th CAB, instructs soldier Bymoorad (left), 4th Kandak, 2nd Brigade, 205th Corps, Afghan National Army, to write the time on a tourniquet during the medical portion of the “Lightning Strike” Pathfinder academy, held in Afghanistan, June 11.



# 209th ASB certifies Afghans

**CAPT. RICHARD BARKER**  
25th Combat Aviation Brigade  
Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Wheeled-vehicle mechanics with Headquarters Support Company, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, began certifying soldiers of the Logistics Kandak, Kandahar Air Wing, in ground maintenance at Kandahar Airfield, here, June 4.

Throughout the next five weeks, KAW soldiers are scheduled to receive a total of 40 hours of training that will result in their receiving their full NATO and Afghan certifications as entry-level, wheeled-vehicle mechanics.

“In addition to the NATO and Afghan criteria to be certified as an entry-level mechanic, we also included the tasks from the U.S. Army Wheeled Vehicle Mechanic Skill Level Manual,” said Sgt. 1st Class Roel Walker, noncommissioned officer in charge, ground maintenance partnership HSC, 209th ASB, 25th CAB.

“This is one small part of the overall picture.”

**Sgt. Stephen Medeiros**  
lead trainer of certification program,  
HSC, 209th ASB, 25th CAB

The first day of certification training included instruction about shop safety and covered the basic rules soldiers need to follow to prevent injuries, such as speed limits in the motor pool and the need to escort heavy vehicles and wear hearing and vision protection.

“We provide the necessary training to the Afghan army to maintain and sustain their fleet of vehicles,” said Sgt. Stephen Medeiros, lead trainer of the certification program, HSC, 209th ASB, 25th CAB. “This is one small part of the overall picture to prepare the Afghan army to be self-sufficient.”

A total of eight Afghan soldiers attended the first day of training and were very interactive as they participated in check-on learning sessions.

“They want to be certified in order to do this after we leave,” said Sgt. Jacob Fry, a primary instructor for the certification course with HSC, 209th ASB, 25th CAB.

“We are able to create friendships on the other side of the world and help them become a stable and self-sufficient country,” said Medeiros. “We not only teach each other professionally, but socially.”

# Induction ceremony welcomes new NCOs

Almost 40 in 45th Sust. Bde. get “Rite of Passage”

Story and Photo by  
**SGT. 1ST CLASS MAURICE SMITH**  
45th Sustainment Brigade Public Affairs,  
8th Theater Sust. Command

KANDAHAR, Afghanistan — It’s a very defining moment for enlisted Soldiers who experience it: stepping through an arch created by two silver swords, simultaneously raised in opposite directions, and officially marching into the Noncommissioned Officer Corps.

Nearly 40 Soldiers from the 45th Sustainment Brigade, 8th Theater Sustainment Command, shared this moment with one another during an NCO Induction Ceremony, here, June 8.

The event began in traditional Army fashion by introducing the official party, followed by an invocation and the national anthem. Next, the Soldiers learned a bit of NCO history before conducting a special presentation for the audience known as The Soldiers Request/NCO Response.

Junior-ranking Soldiers marched to the front of the crowd, sounding off loud and thunderous with their requests to all NCOs spread throughout the service. Their requests were to be trained properly, to be taken care of, to not be mistreated, and to be trained to become sergeants themselves one day.

NCOs followed suit, marching to the front and sounding off with their promises to the young Soldiers.

“The greatest commodity in the Army is Soldiers” said guest speaker Command Sgt Maj. Karl Roberts Sr., command sergeant major, Joint Sustain-



Sgt. Kevin Barcena marches through the arch and officially becomes an NCO during the 45th Sust. Bde.'s NCO Induction Ceremony held in Kandahar, Afghanistan, June 8.

ment Command-Afghanistan. “You know what the standard is; you know what the standard looks like. We don’t have to go out here every day and look for it; it’s in this room.”

The highlight of the day came during the presentation of inductees. Each Soldier waited behind a custom-built arch decorated with NCO ranks and the 45th Sust. Bde.’s custom branding. The new NCOs then marched through after hearing their names called, completing their official “Rite of Passage” into a new world of responsibility.

# ‘Armament Dawgs’ keep aircraft support working



Sgt. Cam Richardson, OH-58D systems repairer, Troop D, 2nd Sqdn., 6th Cav. Regt., 25th CAB, cycles through communication pages during an operational check for a radio issue on Kandahar Airfield, June 1.

Story and Photo by  
**SGT. DANIEL SCHROEDER**  
25th Combat Aviation Brigade  
Public Affairs, 25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan — Hundreds of missions in the Army require the support of aircraft.

In order for those aircraft to provide that support, electrical, avionic, engine and weapon systems must be in proper working order.

Soldiers with the military occupational specialty of 15J, “Aircraft Armament/Electronic/Avionic Systems Repairer” maintain the avionics, electrical and weapon systems of the OH-58D Kiowa Warrior helicopter. They’re known as “armament dawgs.”

“Daily tasks of a ‘J’ include gun services, filling radios, cleaning rocket pods, checking the coolant level on the mast turret assembly, and performing aviation intermediate maintenance, or AVIM, and aviation unit maintenance, or AVUM, tasks,” said Sgt. Cam Richardson, OH-58D systems repairer, Troop D, 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division.

“I can’t get enough of my job,” said Pfc. Connor Morganstein, OH-58D systems repairer, Troop D, 2nd Sqdn., 6th Cav. Regt. “We do our best to fix any issue or load them as fast as we can to get them back in the air to provide that aerial support.”





Sgt. Colin Gragg, Headquarters and Headquarters Co., 3rd Bn., 25th Avn. Regt., 25th CAB, straightens out the sling-load cables on an Mi-17 helicopter attached to a CH-47F Chinook from Co. B, 3rd Bn., 25th Avn. Regt., 25th CAB, during an aircraft recovery mission, recently.

# 25th CAB performs heavy lifting

Story and Photo by  
**SGT. DANIEL SCHROEDER**  
25th Combat Aviation Brigade Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Units of the 25th Combat Aviation Brigade came together to execute a sling-load operation on an Mi-17 helicopter in the Kandahar province, here, June 3.

Three battalions throughout the brigade all brought unique capabilities to the mission to ensure successful recovery of the damaged aircraft.

Task Force Hammerhead, 3rd Battalion, 25th Aviation Regiment, 25th CAB, was asked to assist in the movement of the Mi-17 helicopter, due to the lift capabilities of the CH-47F Chinook helicopter amongst its ranks.

“Due to the weight of the Mi-17 and the small area it was located in, there were only two aircraft that could get to and lift it. One was the Mi-26 with Russian air company ‘Vertical T,’ and the other is the U.S. Army’s CH-47F Chinook,” said Chief Warrant Officer 4 Brian Clyde, material aviation officer, 3rd Bn., 25th Avn. Regt., 25th CAB. “All parties involved did an outstanding job to complete this operation in a safe and timely manner.”

Before the aircraft was hooked up and transported, it had to be prepped to standard, ensuring the safety of everyone involved, which is when Task Force Lobos, 209th Aviation Support Battalion, 25th CAB, stepped in.

“We had to prepare the aircraft to meet the proper guidelines for sling-load, such as weight restrictions, altitude to be flown at, temperature ... in order to rig it properly to be lifted in a safely man-

ner,” said Chief Warrant Officer 2 Jorge Parra, downed aircraft recovery team officer in charge, Company B, 209th ASB, 25th CAB. “We possess the proper equipment and personnel trained to handle the operation.”

The day prior to transporting the Mi-17, a crew from Co. B, 209th ASB arrived onsite to begin the necessary preparations for the aircraft.

They removed the rotor blades, secured anything inside the helicopter that could cause damage while in flight and made sure the levels of all liquids were at the prescribed amount for the safety of the aircrews involved.

“I have performed four aircraft sling-load missions in my years in the Army,” Clyde said. “Anytime you fly another helicopter, the aerodynamics do not allow it to fly straight. We had to go slower than usual because it twists and turns.

“We sling-load for aircraft recovery because it is the safest, most expeditious manner to recover an aircraft,” Clyde added.

To ensure the safe travel and completion of the operation, the CH-47F crew was comprised of the most-senior members of Co. B, 25th Avn. Regt., and the ground rigging crew was overseen and hooked up by the most qualified personnel of Co. B, 209th ASB.

Task Force Lightning Horse, 2nd Squadron, 6th Cavalry Regt., contributed during the hook-up and transportation of the Mi-17 by providing OH-58D Kiowa Warrior helicopters for security for the CH-47F crew.

“We accomplished the mission in a timely manner with no injuries,” Parra said. “The Soldiers did an outstanding job and displayed professionalism at all times while working hard.”

## 2-25th Avn. delivers CTF 77 to the fight

Story and Photo by  
**CAPT. RICHARD BARKER**  
25th Combat Aviation Brigade Public Affairs

FORWARD OPERATING BASE WOLVERINE, Afghanistan — Some missions in Afghanistan are so sensitive, little can be said without providing unnecessary risk to those who perform them.

The 25th Combat Aviation Brigade, 25th Infantry Division, which provides air support across more than 25 forward operating bases throughout Regional Command South, supports several units from across the globe that perform some of these sensitive missions.

One such unit, known as Combined Task Force 77, is comprised of highly trained Lithuanian and Latvian special operations forces that have teamed with the International Security Assistance Forces as members of NATO.

While specific missions and locations can’t be divulged, CTF 77 provides military assistance to Afghan special police forces while also conducting direct action and special reconnaissance missions.

Within the 25th CAB, the 2nd Battalion, 25th Aviation Regiment, provides air support and air mobility to CTF 77, allowing it

to react and move quickly across Zabul province.

“We work in close operation with 2nd Bn., 25th Avn. Regt., on hasty and deliberate operations”, said Maj. T., deputy commander, CTF 77, who asked not to be further identified due to the sensitivity of his mission. “We understand and know each other, which make operations smooth.”

“We have a very professional relationship,” said Chief Warrant Officer Benjamin Ingraham, deliberate operations planner, Headquarters and Headquarters Company, 2nd Bn., 25th Avn. “They understand our capabilities and know what assets to request from us.”

CTF 77 has been working with aviation brigades in RC-South since 2010; it has been working with 2nd Bn., 25th Avn. since February.

“We both want to have successes. This is the effect that we share, which brings us together,” Maj. T said. “We both have a will to fight.”

Much like Afghanistan, Lithuania and Latvia, two European countries each about the size of West Virginia that share the coast of the Baltic Sea, have a history of Soviet occupation. Lithuanians



Soldiers with Task Force Diamond Head, 2nd Bn., 25th Avn. Regt., 25th CAB, board a UH-60 Black Hawk with Lithuanian and Latvian soldiers with Combined Task Force 77 and Afghan special police forces after completing an operation, recently.

maintain pride in their history due to their resistance to Soviet control and their triumph in being the first Soviet Republic to declare independence successfully in 1991.

Latvia declared its independence shortly after Lithuania that same year.

# OASA to perform physical inventories of Army sites

**FREDERICK SPIELMAN**  
Internal Review and Audit Compliance Office,  
U.S. Army Garrison-Hawaii

HONOLULU — An Office of the Secretary of the Army Financial Management and Comptroller team will conduct physical inventories of all sites associated with U.S. Army Garrison-Hawaii, June 18-July 13.

The team’s purpose is to determine the Army’s readiness to receive an unqualified financial audit.

Team members will carry Army identifi-

cation and be authorized to enter facilities and to take exterior and interior photographs. They will validate locations, design and current use.

USAG-HI’s points of contacts follow:

- Internal Review and Audit Compliance Office at 655-0798, and
- Directorate of Public Works at 656-8300.

*(Editor’s Note: Spielman is a program evaluator for the Internal Review and Audit Compliance Office.)*

## News Briefs

Send announcements for Soldiers and civilian employees to community @hawaiiarmyweekly.com.

**25 / Monday**  
**Officer Invitation** — Retired Navy Capt. Russell Vowinkel, national commander of the Military Order of the World Wars, will be guest speaker at the Hawaii Gaylord Dillingham Chapter at its monthly meeting, 11 a.m., June 25, at the Maile Room of the Hale Ikena Conference Center, Fort Shafter.

Vowinkel will discuss the upcoming annual convention in San Diego in August and recent initiatives at MOWW national headquarters. Email jefftomsf@yahoo.com.

**26 / Tuesday**  
**HCSB Change of Command** — Col. Joseph Bird will relinquish command to Col. Mary Krueger, U.S. Army Health Clinic-Schofield Barracks, 11 a.m., June 26, at the USAHC-SB Pavilion, Schofield Barracks.

RSVP by June 22; call 433-8500.

**25th ID Awards Ceremony** — The 25th Infantry Division will host a quarterly awards and recognition ceremony, 10 a.m., June 26, at the Post Conference Room, Schofield Barracks. The Alii Award, the Lokahi Award and the Yellow Ribbon Award will be presented. Call 655-0114.

**28 / Thursday**  
**413th CSB Change of Command** — Col. Michael Hoskin will relinquish command of the 413th Contracting Support Brigade, located at Fort Shafter, to Col. Martin Zyburas, at 1:30 p.m., June 28, on the USS Battleship Missouri Memorial.

The 413th is the contracting element supporting U.S. Army-Pacific forces and Pacific joint forces. Call 438-1761/2385/6532.

**July**  
**10 / Tuesday**  
**PTA Change of Command** — Lt. Col. Rolland Niles, commander, U.S. Army Garrison-Pohakuloa Training Area, will relinquish

command to Lt. Col. Eric Shwedo at PTA, 10 a.m., July 10. RSVP by June 24 to shiela.y.yangilmau.civ@mail.mil or call 969-2423/2426/2428. Attire is duty uniform for military and aloha attire for civilians.

**17 / Tuesday**  
**USAG-HI Change of Command** — Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, will relinquish command to Col. Daniel Whitney, 2 p.m., July 17, Weyand Field, Schofield Barracks. RSVP to natalie.a.bradshaw.civ@mail.mil or call 656-0615. Attire is duty uniform for military and aloha attire for civilians.

**Ongoing**  
**“Soldiers Magazine”** — Find “Soldiers Magazine” online at www.soldiers.dodlive.mil. The Defense Media Activity printed a special edition for June and features interviews with the Secretary of the Army, the Under, the Chief and the Vice Chief of Staff, and the Sergeant Major of the Army. They share their perspectives of how they see Soldiers, Army challenges and goals. Perspectives of the Army of 2020 are also featured.



Endre Gayer (left), Tyler Miyamoto (center) and Kenji Santiago (right), Containerized Tactical Operations Center team members, assemble the aperture terminal satellite system during quarterly maintenance and CTOC training, in Honolulu, recently.

## COE-HD supports HUREX

Story and Photo by  
**ANGELA KERSHNER**  
U.S. Army Corps of Engineers-Honolulu District  
Public Affairs

HONOLULU — The U.S. Army Corps of Engineers-Honolulu District wrapped up its annual participation in the State of Hawaii and Joint Task Force-Homeland Defense Makani Pahili hurricane preparedness exercise, recently.

District-wide support of the annual disaster response exercise included internal drills and table-top exercises to assess the command’s capability to execute mission-essential functions and provide external support to the state/JTF-HD if a Category 4 hurricane were to strike the Hawaiian Islands.

One important capability of the district’s disaster response is its Containerized Tactical Operations Center, or CTOC. This containerized system provides a rapidly deployable tactical operations and communications platform for first responders when there are no available facilities or communications capabilities.

“Ensuring first responders have communications resources in some of the most remote island communities in the world is essential should the Pacific face another disaster like Super Typhoon Pongsona that devastated Guam in 2002,” said Tyler Miyamoto, CTOC team leader.

The only unit of its kind in the country, the

district’s CTOC is a component of the U.S. Army Corps of Engineers Deployable Tactical Operations System, or DTOS, which also includes rapid response vehicles, or RRVs, and deployable tactical operations centers, or DTOCs.

All CTOCs, DTOCS and RRVs are outfitted with the same equipment, but packaged differently for ease of deployment to specific areas of responsibility. The CTOC includes a fax machine, universal power system, video camera, copy machine, printer and satellite phone system. The entire system is packed into 40 cases that can be placed onto pallets for rapid deployment.

The local CTOC quarterly maintenance and readiness check was performed June 5-6 to coincide with the Makani Pahili exercise. Personnel who are needed to operate a CTOC include a primary and alternate team, each made up of a team leader, a logistics support specialist and a command, communications, computer and intelligence, or C3I, specialist.

As part of the check, the teams set up and tested the very small aperture terminal satellite system, a small, two-way satellite ground system run by a diesel-operated generator.

“We had two very successful days of training,” Miyamoto said. “Two new CTOC members were introduced to system operations, and we were able to work very quickly and efficiently as a team.”



# Visitor Control: Construction will modernize, improve safety of Lyman Gate

CONTINUED FROM A-1

nication infrastructures to the two counter stations located on the concrete island to create a more permanent and efficient facility that follows the Army’s antiterrorism measures.

“These upgrades to the gate will move us toward modernization and increase security,” said Col. Jay Hammer, executive officer, U.S. Army Garrison-Hawaii.

The project begins July 5 and is anticipated to last about six-eight weeks. During this time, visitors and contractors who require an installation pass to Schofield Barracks will use the temporary VCC located at Kawamura Gate. Once processed through the VCC, vehicles will drive through Wheeler Army Airfield via Santos Dumont Road and Wright Avenue (see map).

To accommodate the temporary VCC, Wright Avenue will be partially closed.

The Lemon Lot will remain open, with limited capacity.

Drivers are advised to anticipate a change in traffic patterns on the installation and to allow for extra time in their commute.

The Directorate of Emergency Services, USAG-HI, asks for patience during construction and explains that, after considering all other options, temporarily relocating the VCC was the best decision to make for the community.

“The original plan was to jump between Lyman and Foote gates during the day and night, like we had done last year, but that proved to be a challenge,” said Gordon Wiborg Jr., deputy chief of police, DES, USAG-HI. “This way, we move the VCC once to an alternate location and move it back once, so there is less confusion.

**Gate hours**  
During construction, gate hours will be temporarily modified to accommodate the relocation of the Visitor Control Center:

Kawamura Gate, open 24 hours, as of June 30

Foote Gate, open 24 hours, as of 5 a.m., July 5

Kunia Gate, hours change to 5 a.m.-9:30 p.m., as of July 5

Lyman Gate, hours change to 5 a.m.-9:30 p.m., as of July 9

Drivers are advised to check the garrison website for current gate hours before heading out. For more details, contact USAG-HI’s DES Installation Access Office, 656-0247.

“This is the best course of action, and Kawamura is really the only logical place (to temporarily relocate the VCC),” Wiborg said.

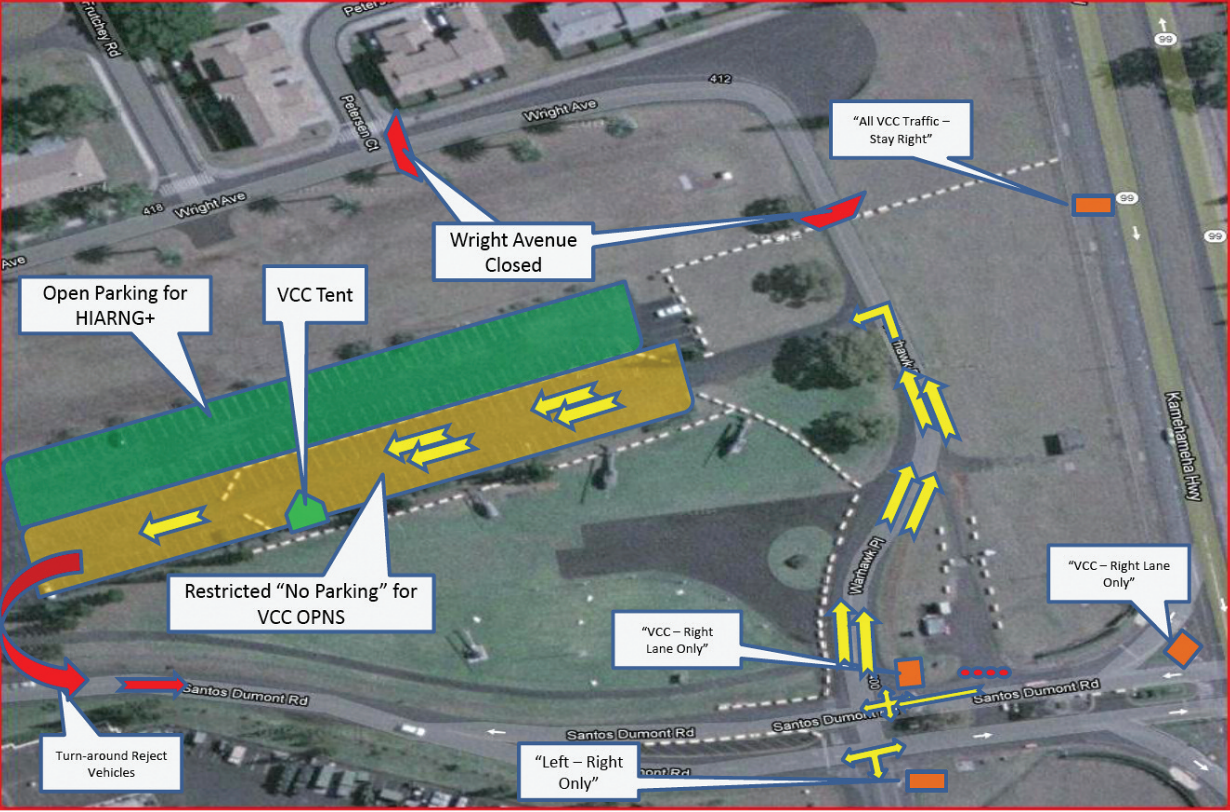
Lyman Gate will be closed to all traffic July 5-8 to accommodate the first phase of construction. Signs will be posted to alert drivers of the changes; also, informational sheets with transition details, including temporary modifications in gate hours, are being distributed by gate guards.

The temporary VCC will remain at Kawamura Gate until construction is completed, which is anticipated to be in mid-August.

DES will announce when the VCC will reopen at Lyman Gate.

For more details about Lyman Gate construction, modified gate hours and the temporary relocation of the Visitor Control Center, visit

• [www.garrison.hawaii.army.mil/des/default.htm](http://www.garrison.hawaii.army.mil/des/default.htm)



The above map shows the temporary location of the VCC at Kawamura Gate. The relocation allows for planned construction and upgrades on Lyman Gate.

# Wildfires: Oahu fire officials offer advice on wildfire prevention, safety

CONTINUED FROM A-1

sign assembled by Fed. Fire’s fire prevention division fire inspectors. The working group offered some planning and safety tips for wildfire prevention:

- Report unauthorized dumping of rubbish and vegetation.
- Report overgrown, dry and tall vegetation.
- Protect your home by cleaning the roof and gutters regularly.
- Ensure fire apparatus can get to your home.

- Install smoke detectors on each level of your home and in every sleeping area.
- Create a safety zone around your home.
- When wildfires are threatening your area, if you are advised to evacuate, do so immediately.

OWIE’s mission is to create a seamless, cooperative interagency working group; to establish a joint information center to disseminate coordinated information during incidents; to prevent wildfires; to promote public safety and confidence through uni-

fied public education efforts; and to develop a common set of reporting requirements.

*(Editor’s Note: Sanders is a fire inspector at Federal Fire Department Hawaii.)*

**Wildfire prevention**  
Learn more about wildfire prevention and safety tips by calling Sanders at 471-3303, extension 617.



# Jack's Mannequin, Hoobastank headline USAG-HI's Fourth of July

U.S. ARMY GARRISON-HAWAII  
News Release

SCHOFIELD BARRACKS — When the Southern California-based rock band Jack's Mannequin steps up to the Fourth of July Spectacular stage on Weyand Field, here, the anticipated 40,000 audience members will see a band whose performance is being funded by an unusual method.

Funds to underwrite this year's Fourth of July headline entertainment were generated from Army Recycle Center revenues generated by the Environmental Division, Directorate of Public Works, U.S. Army Garrison-Hawaii.

“Finding new sources of funding and partnering this way is extremely gratifying,” said Michael Amarosa, director, DFMWR. “This is a win-win for an important community event and our garrison recycling effort.”

The headline band for the 41st annual event, Jack's Mannequin was formed by pianist, composer and frontman Andrew McMahon in 2004. The group's first album, “Everything in Transit,” made an immediate impact and peaked at No. 37 on Billboard's top 200.

At the same time, McMahon was diagnosed with acute lymphoblastic leukemia that required stem cell treatment.

In the ensuing years, McMahon's battle and recovery from leukemia has also left an imprint on his music

and community efforts. His “Dear Jack Foundation” raises funds and awareness about cancer and cancer treatment, while the band has gone on to release multiple recordings.

Jack's Mannequin will start at 5:30 p.m. at Weyand Field, here, following the return of another popular mainland group, Hoobastank, at 4 p.m.

The free, daylong celebration includes games, a 5K Fun Run, a Children's One-Mile Fun Run, crafts, a new products bazaar, entertainment, 20 food locations and evening fireworks.

New to the 41st annual event will be a Commissary “farmer's market” location and an Exchange “shop.”

Gates will be open for public access; however, random vehicle inspections will be conducted. Visitors will need to show a valid driver's license, proof of insurance and a current safety check.

Carpooling or walking to the

event is encouraged. Pets are prohibited; backpacks, coolers and vehicles are subject to inspection; and glass containers are not permitted.

See the June 29 Hawaii Army Weekly for more details, schedules, maps and parking information.



Jack's Mannequin (top) and Hoobastank (left) are set to rock USAG-HI's annual Fourth of July Spectacular.

## Fourth of July Spectacular

For more information about the Fourth of July Spectacular, visit:

- [www.himwr.com](http://www.himwr.com)

## Islandwide Activities

This Fourth of July, celebrate Independence Day with a multitude of opportunities and activities islandwide.

Spectators can safely view public fireworks displays and enjoy a safe holiday at many locations, listed below. All times are approximate; some displays may be cancelled by promoters or are pending final approval.

### July 1

• **Mayor's Parade, Honolulu**, 5-6 p.m., sponsored by the City and County of Honolulu. Parade route starts at Fort DeRussy, Saratoga Road and Kalakaua Avenue, and continues down Kalakaua Avenue to Kapiolani Park. Call 768-6622 or email [moca-info@honolulu.gov](mailto:moca-info@honolulu.gov).

• **Sunset on the Beach**, Waikiki, 7:15-10 p.m., Kuhio Beach Park, sponsored by the City and County of Honolulu and Waikiki Improvement Association. Watch the blockbuster movie “Mission Impossible: Ghost Protocol.” Call 923-0775.

### July 3

• **Aloha Tower Marketplace**, Honolulu, 5-9 p.m.

Festivities include entertainment and keiki activities with bounce houses and face painting. Fireworks display begins at 8:45 p.m. Visit [www.alohatower.com](http://www.alohatower.com) or call 528-5700.

### July 4

Runway 5K Run, Marine Corps Base Hawaii, Kaneohe Bay, 7 a.m., at Marine Corps Base Hawaii, Kaneohe Bay. The course will start and finish at Hangar 104 and goes along the length of the runway. Call 254-7590 or visit [www.mccshawaii.com](http://www.mccshawaii.com).

• **Fourth of July Train Ride**, Ewa Beach-Kahe Point, Waianae Coast, and return, featuring vintage World War II-era Army flatcars that have been converted to passenger cars by the Hawaiian Railway Society. The historic narrow-gauge train will depart the Ewa Train Museum at 9:30 a.m. and at 2 p.m. Visit [www.4Ewa.org](http://www.4Ewa.org).

Adult tickets are \$12; tickets for keiki ages 2-12 are \$8. Tickets must be booked in advance; email [gm@4EWA.org](mailto:gm@4EWA.org).

• **Kailua Fourth of July Parade**, from 10 a.m.-noon, organized by the Kailua Chamber of Commerce. Parade travels south along Kainalu Drive from Palapu

Street to Kailua Intermediate School. Call 261-7997.

• **Maunaulua Bay**, Hawaii Kai, from 1-9 p.m. This family event includes entertainment and keiki games; fireworks begin at 8 p.m.

• **Turtle Bay Resort**, North Shore, 5:30-9 p.m. Gates open at 3 p.m.; festivities start at 4 p.m. The event includes live entertainment including Kapena at 6:30 p.m., keiki activities and community food booths. Fireworks begin at 8 p.m. Visit [www.turtlebayresort.com](http://www.turtlebayresort.com) or call 293-6000.

• **Ala Moana Center Fourth of July Spectacular**, Honolulu. Fireworks begin at 8:30 p.m., but entertainment starts at noon. Show will be off Magic Island, Ala Moana Beach Park.

• **Joint Base Pearl Harbor-Hickam MWR Fourth of July celebration**, 2-9 p.m. at the Hickam Officer's Club, with free admission. Free activities for keiki and adults begin at 2 p.m.

Season seven “American Idol” winner David Cook performs a free concert at 7:15 p.m., followed by fireworks at 8:30 p.m. Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com). Call 449-5215/473-2431.

# Officials remind hikers Sacred Falls State Park is closed

DEPARTMENT OF LAND AND NATURAL RESOURCES  
News Release

HONOLULU — State of Hawaii Department of Land and Natural Resources, or DLNR, officials are citing hikers attempting to gain unauthorized entry into Sacred Falls State Park — which has been closed to the public since 1999.

A recent hiking injury to a female hiker, which required rescue support from the Honolulu Fire Department, prompted the reminder from DLNR officials.

“In the future, there will be zero tolerance for violations, whether juvenile or adult,” said William Aila, chairperson, DLNR. “Multiple ‘park closed’ signs are posted at the park gate, as well as at locations all along the trail. There is no excuse for claiming someone did not see a sign.

“Exposure to falling rock hazards remains severe at Sacred Falls,” he added. “People entering the now un-maintained park are putting themselves at risk of injury or death.”

Aila has directed DLNR's Division of Conservation and Resources Enforcement, or DO-CARE, officers to cite anyone caught in the park.

Numerous persons have already been cited who are entering the park, climbing over or going around the locked fence, and ignoring the park closure and warning signs. Between May 2011-May 2012, at least 45 citations were issued to local residents, visitors and military service members.

“We encourage all persons to respect the park closure, and to safely enjoy our other state park areas or hiking trails within the Na Ala Hele Trail System of State Forest Reserves,” said Dan Quinn, administrator, State Parks. Other popular waterfalls on Oahu include Maunawili Falls and Manoa Falls.”

Entry into a closed park is a petty misdemeanor offense and subject to criminal penalties of not less than \$100 for a first offense, \$200 for a second offense and \$500 for a third or subsequent offense. Additionally, administra-

tive penalties are \$2,500 for a first offense, \$5,000 for a second offense and \$10,000 for a third violation

Sacred Falls has been closed by the State for public safety reasons ever since a deadly rock-slide in 1999 claimed eight lives.



Photo Courtesy Hawaii Department of Land and Natural Resources

DLNR officials have posted numerous signs alerting potential visitors that access to the Sacred Falls State Park is prohibited.





Briefs

Today

**Black Light Party** — Doors open at 9 p.m., June 22, Tropics, SB. Wear all-white or clothes that glow and enjoy the smooth beats from deejay D Rek under black lights. No cover charge. Tropics is an 18-and-older facility. IDs will be checked at the door. Call 655-5698.

23 / Saturday

**Fourth of July Run** — Register by June 23 at [www.himwr.com](http://www.himwr.com) for this annual 5K event at Schofield Barracks.

**Saturday Night Spotlight** — The schedule for Saturday Night Spotlight at Kolekole Bar and Grill, Schofield Barracks, follows:  
•First Saturday, Old School Soul Night with deejay Bennie James.  
•Second Saturday, Country Night.  
•Third Saturday, Hip-Hop/R and B Night.  
•Fourth Saturday, Karaoke Night.

24 / Sunday

**Stand Up Paddleboard II** — Enjoy the coastline with Outdoor Recreation, 7:30 a.m.-12:30 p.m., June 24; cost is \$59. To register, call 655-0143.

25 / Monday

**Free Hula Classes** — The Native Hawaiian Liaison Office, USAG-HI, conducts free hula classes for Soldiers and families. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email [nhliaison@gmail.com](mailto:nhliaison@gmail.com).  
Class dates follow:  
•Mondays, Kalakaua Community Center, Schofield Barracks.  
•Tuesdays, AMR Community Center.

27 / Wednesday

**Teen Wednesdays** — Bowl at Wheeler Bowling Center, 2-4 p.m., June 27, WAAF. Teens ages 13-19 can cosmic bowl for \$2. Free shoes with a two-game minimum. Call 656-1745.

28 / Thursday

**Zumba** — The Fort Shafter Physi-

BIRTHDAY CELEBRATION



Staff Sgt. Cashmere Jefferson | U.S. Army-Pacific Public Affairs

FORT SHAFTER — Pacific Army Week concludes with Gold versus Black Polo Paina at historic Palm Circle, here, June 16, as part of a weeklong celebration of the Army's 237th birthday.

cal Fitness Center offers Zumba classes, 4:45-5:45 p.m., Thursdays. Cost is \$4 per person. Call 438-1152.

**Hawaiian Luau** — Enjoy an all-you-can-eat luau buffet. Doors open at 5 p.m. at the Nehelani Showroom. Hula performers, fire dancers will perform. Preferred seating for Blue Star Card Holders. \$30- ages 11+, \$15- ages 10 and under. Call 655-4466/0660.

29 / Friday

**Friday Night Entertainment Series** — New acts each and every week at Kolekole Bar and Grill. Enjoy pau hana specials before the show. Call 655-4466.  
•First Friday, Comedy Night (for mature audiences only).  
•Second Friday, live bands.  
•Third Friday- Colby Benson Band.  
•Fourth Friday- Taking Care of Business Band.

**Hawaiian Luau Lunch Buffet** — Every last Friday of the month, enjoy a Hawaiian Luau Lunch buffet at Hale Ikena or Kolekole Bar and Grill for \$12.95 per person. Call 438-1974 or 655-4466.

**Basketball Tournament** — Entry deadline is June 29 for the Army Hawaii men's and women's 30-and-

older basketball tournament. Call the Sports Office at 655-0856/9914.

Ongoing

**Bowling** — During June, the Exceptional Family Member program will offer recreational bowling from 6-8 p.m. at the Schofield Barracks Bowling Center. Call 655-4777 or 655-4227.

**Summer Reading Program** — Register now for this free Army library program open to all ages: keiki 3-5, 6-11, 12-18 and adults. Registration is underway. Call the Fort Shafter Library at 438-9521 or Sgt. Yano Library, Schofield Barracks, at 655-8002.  
Each week features a special entertainer:  
•June 26-27, Balloon Monsoon, a magic show;  
•July 3, McDermott in Motion, a program highlighting stories by Gerald McDermott; and  
•July 10-11, Bungie the Clown.

**Ten Mile Race around Wheeler** — Deadline is 4 p.m., Aug. 9, to register for this race, which starts at 6:45 a.m., Aug. 19, at WAAF. Race is open to all with installation access.  
Active duty Soldiers with the fastest race time will be considered for Team Army Hawaii that will enter the Army Ten-Miler in Washington, Oct. 24.

Register and pay fees at the fitness centers at Schofield Barracks and Fort Shafter.  
Call 656-0086 or email [james.h.burghardt.naf@mail.mil](mailto:james.h.burghardt.naf@mail.mil).

**Smoothies Concession** — Rich's Daily Grind and Smoothies is now open at the Martinez Physical Fitness Center, Building 488, Schofield Barracks. Call in orders at 438-0128. Schedule follows:  
•Monday-Friday, 8 a.m.-8 p.m.  
•Saturday-Sunday, 9 a.m.-5 p.m.

**Kids Bowl Free** — Register your keiki at [www.kidsbowlfree.com/BowlArmyHI](http://www.kidsbowlfree.com/BowlArmyHI). Via email, receive free bowling passes, every week during the summer to bowl two free games a day. Call 438-6733 or 655-0573.

**Mongolian Barbecue** — Served starting at 5 p.m., Mondays, at the Schofield Barracks Kolekole Bar and Grill, and Thursdays at Fort Shafter's Mulligan's Bar and Grill.  
Cost is 65 cents per ounce. Dinner starts at 5 p.m. Call Kolekole at 655-4466 or Mulligan's at 438-1974.

**Golf Special** — Pay for nine holes and play 18, Monday-Friday, except holidays, at the Nagorski Golf Course, Fort Shafter. Course is open to the public. Limited-time special. Call 438-9587.

Community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**State Fair** — This annual event runs through June 24, weekends only, at Aloha Stadium. Visit [www.ekfernandez.com](http://www.ekfernandez.com) for details.

23 / Saturday

**Cancer Survivorship Conference** — This annual Hawaii conference is 9 a.m.-3 p.m., June 23, at the Hilton Hawaiian Village. Registration begins at 8 a.m. at the Mid-Pacific Conference Room.  
The \$25 cost includes lunch and full parking validation. To register, visit [www.uhbooks.hawaii.edu/conference/hcccc2012.asp](http://www.uhbooks.hawaii.edu/conference/hcccc2012.asp) or call 564-5916/692-7479.

**Roller Derby** — Pacific Roller Derby Skaters take on the California V Town's Derby Dames in a double-header starting at 6:30 p.m., June 23, at the Palama Settlement Gymnasium, 810 N. Vineyard Blvd., Honolulu.  
Doors open at 6 p.m. Tickets are \$10; \$7 for students with valid ID; and free for keiki 12 and under. Email Tiffany Hill at [pacificrollerderby@gmail.com](mailto:pacificrollerderby@gmail.com).

28 / Thursday

**Free Magic Classes** — The

Hawaii Magicians Society is offering free monthly introductory classes to the public, 6 p.m., June 28, at the Kalihi-Palama Library.  
Guest teacher is "Professor Fun" Fred Ball who was just featured as the chief petty officer in the recent movie "Battleship."  
A different aspect of beginner's magic is taught every month on the fourth Thursday. Classes start promptly at 6 p.m. Visit [www.hawaiiimagiclub.com](http://www.hawaiiimagiclub.com) or call 216-9672.

29 / Friday

**Kaneohe Bay 5K Run** — Online registration ends June 29 for the 6:30 a.m. Runway Run, July 4, at Marine Corps Base Hawaii, Kaneohe Bay. The brisk 5K starts at Hangar 104 along the MCAS flight line, with views of the Koolau Mountains.  
Cost is \$25, or \$30 if registering after June 26. Registration will also be accepted at the Semper Fit Center, MCBH. The top three overall finishers and top finishers in each age group will receive awards. Call 254-7636.

July

3 / Tuesday

**Leilehua Registration** — Leilehua High School will hold a mass registration for new students, 9 a.m.-noon, July 3, in the LHS cafeteria. Freshmen will start school July 30; all others will start July 31. Call 622-1435.

14 / Saturday

**Wahiawa Run** — The 5K Freedom Run, designed to promote a

drug-free Hawaii, will be run at 7 a.m., July 14, at the Kaala Neighborhood Park, Wahiawa. The event includes a half-mile fun run for 5- to 10-year-old keiki. Visit <http://surfinthedenations.com/freedomrun>.

Ongoing

**Hui Thrift Shop** — The Hui Thrift Shop at SB offers great bargains and a chance to volunteer. Located at 2107 Ulrich Way, behind ACS, the shop is open 9 a.m.-1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month.  
Consignment hours are 9-11 a.m. Call 624-3254 or email [huitheifitshopliaison@gmail.com](mailto:huitheifitshopliaison@gmail.com). Visit [www.schofieldspousesclub.com](http://www.schofieldspousesclub.com) or search for "huitheifit-shop" on Facebook.

**"Soldiers Magazine"** — Find "Soldiers Magazine" online at [www.soldiers.dodlive.mil](http://www.soldiers.dodlive.mil). The Defense Media Activity printed a special edition for June and features interviews with the Secretary of the Army, the Under, the Chief and the Vice Chief of Staff, and our Sergeant Major of the Army. They share their perspectives of how they see Soldiers, Army challenges and goals. Perspectives of the Army of 2020 are also featured.

**Troops to Teachers** — This program directly supports military members who have chosen teaching as a career. It allows up to a \$10,000 bonus for teaching in high-needs areas. Call 586-4054, ext. 409.

**Schofield and AMR Chapel Family Nights** — Sessions for de-

ployed spouses about marriage and finances are conducted Wednesdays at the SB Main Chapel. Youth groups and Bible clubs also meet then. Meals are served at 5:30 p.m., with sessions starting at 6 p.m. Child care for keiki up to 4 years old is free with RSVP. AMR Chapel's Family Resilience Nights are Tuesdays.  
Call 655-6645 or email [ktfaa-maoni@hotmail.com](mailto:ktfaa-maoni@hotmail.com). Find out more at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). Click on "Religious Support," under the "Directorates and Support Staff" menu.

**Food for Families** — The Armed Services YMCA at WAAF has an emergency food locker that assists military families experiencing financial difficulty. Available are supplies of canned goods, frozen food, dry goods and personal care items.  
Donations are always accepted. Call 624-5645.

**Freeway Service Patrol** — This service is operational on Hawaii's freeways and sponsored by Hawaii's Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services.  
The free service provides assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making some temporary repairs and providing an emergency gallon of gasoline. The service is available 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

**Gospel Worship**  
•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Monday, 6 p.m. at PH (Bible Study)  
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at MPC Annex

**Protestant Worship**  
•Sunday Services  
- 9 a.m. at FD, MPC and TAMC chapels  
- 9 a.m. at WAAF chapel, Lutheran/Episcopalian  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR

**Single Soldiers' Bible Study**  
•Wednesday, 11:30 a.m. at SC; lunch is provided.

**Worship Service**  
•Sunday, 6 p.m. at SC.

This Week at the Movies Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under reeltime movie listing.



Hunger Games

(PG-13)  
Fri., June 22, 4 p.m.

Dark Shadows

(PG-13)  
Fri., June 22, 7 p.m.

The Avengers

(PG-13)  
Sat. June 23, 4 p.m.\*  
\*Pre-party for the 4 p.m. Saturday show. Doors open at 2:30 p.m.; costumes encouraged. The first 25 guests who arrive in costume will receive free movie tickets for a future showing. Winners of the trivia contest will receive Reel Time gift certificates.

Sun., June 24, 2 p.m.  
Wed., June 27, 7 p.m.

What to Expect When You're Expecting

(PG-13)  
Sat., June 23, 7 p.m.  
Thu., June 28, 7 p.m.

No shows on Mondays or Tuesdays.

<b>Calendar abbreviations</b>		
8th TSC: 8th Theater Sustainment Command	AFTB: Army Family Team Building	EFMP: Exceptional Family Member Program
25th ID: 25th Infantry Division	AMR: Aliamanu Military Reservation	FMWR: Family and Morale, Welfare and Recreation
ACS: Army Community Service	BCT: Brigade Combat Team	FRG: family readiness group
AFAP: Army Family Action Plan	BSB: Brigade Support Battalion	HMR: Helemano Military Reservation
	Co.: Company	IPC: Island Palm Communities
	CYSS: Child, Youth and School Services	



# Garrison, IPC concerned about recent window falls

SCHOFIELD BARRACKS — The safety of your family, especially your children, is of great importance to Island Palm Communities.

Just a few days apart, two children fell from a window.

Both children will fully recover. One escaped without harm, and the other suffered a leg injury.

Windows can be potential safety hazards. Unattended children run the greatest risk of falls and injuries.

The best first step is to watch your children as they play. No prevention measure can substitute for careful adult supervision.

Also, code-compliant window devices can increase window safety. These devices are available at local hardware stores and can be installed without damaging windows.

Take a few minutes to learn what you can do to keep any child in your home safe. Just a few minutes of your time may prevent an avoidable injury, even save a life.

For more safety tips and information, visit:

- www.islandpalmcommunities.com/go/windowsafety

# Annual Joint Spouses Conference in October to feature Mrs. Hawaii

**KAREN SPANGLER**  
Contributing Writer

JOINT BASE PEARL HARBOR-HICKAM — Military spouses can immerse themselves in interactive workshops and experience Hawaiian culture at the 2012 Joint Spouses Conference-Hawaii, at the Ford Island Conference Center, Oct. 20, here.

“Anchors Away in Paradise” is the theme of this year’s 18th conference, formerly called the Joint Women’s Conference.

Spouses can choose from more than 25 workshops, to be held at such venues as the Battleship Missouri Memorial and the Pacific Aviation Museum. Workshops include hands-on instruction in photography, interior decorating and art, and personal styling workshops.

Mrs. Hawaii 2012, Stacey Bass Snee, will be guest speaker. Snee is a Navy spouse, married to Cmdr. Dave Snee, executive officer, USS Hopper.

A Naval Academy graduate, Mrs. Snee served in the Navy as a naval surface warfare officer and meteorology/oceanography officer. She will compete for the title of Mrs. American in August, in Tucson, Ariz.



Photo Courtesy of U.S. Navy

Kim Dozier, an award-winning CBS News reporter who was injured in Iraq during a car bombing, speaks to more than 300 women at JBPHH, during the 2011 Joint Spouses Conference, Oct. 22.

# Utility profiles adjusted

**ISLAND PALM COMMUNITIES**  
News Release

SCHOFIELD BARRACKS — Utility billing at Island Palm Communities began nearly a year ago.

U.S. Army Garrison-Hawaii leadership continues to work with IPC to ensure Soldiers and families are achieving the maximum benefit from the Department of Defense’s utility consumption program.

“The number of families receiving a rebate has continued to increase, and we’ve seen a measurable reduction in our families’ energy consumption,” said Col. Douglas Mulbury, commander, USAG-HI.

“These are two important objectives of the DOD program, and I’m proud to see our families making a tremendous effort to conserve.”

During the past 18 months, data from all home profiles has been collected and analyzed. As a result, homes with the same floor plan will now be in the same profile. Previously, homes with the same floor plan, but built in a reversed or flopped layout, were in a separate profile.

“We found in our analysis that a reverse floor plan didn’t impact energy consumption,” said Tom Adams, director, Property Management. “The benefit of putting these homes together is that profiles will have more homes in them, which results in a monthly average that better represents the energy consumption of IPC families.”

All other profile criteria remain the same:

- Neighborhood (North or South Region),
- Square footage,
- Number of bedrooms, and
- New home versus existing home.

A handful of homes currently in profiles with less than 20 homes will be combined. Three of the criteria listed above will apply when re-grouping them into a profile; the difference is the square footage of homes may vary by about 10 percent.

“This very small variation in the size of a home doesn’t make a measurable impact on energy consumption,” Adams said. “Being in a profile with more homes is advantageous to families that will have a better chance of having their consumption being close to

Town halls to discuss utility billing, profile changes

In response to questions from residents surrounding the DOD utility program during USAG-Hawaii’s recent Facebook Town Hall, USAG-HI and IPC will host two town halls.

Col. Douglas Mulbury, commander, USAG-HI, and IPC and utility billing company ista representatives, will answer questions about the program.

Meeting details follow:

June 27, 6-7:30 p.m., Aliamanu Military Reservation Chapel, Activity Room B, AMR Chapel, and

June 28, 6-7:30 p.m., Schofield Barracks Chapel, Annex Room #212, Schofield Chapel.

Residents can submit their questions and concerns before the meetings to [utilities@ipchawaii.com](mailto:utilities@ipchawaii.com).

Questions surrounding the re-grouping of profiles should be addressed to ista’s Customer Service Department at (800) 569-3014.

the average.”

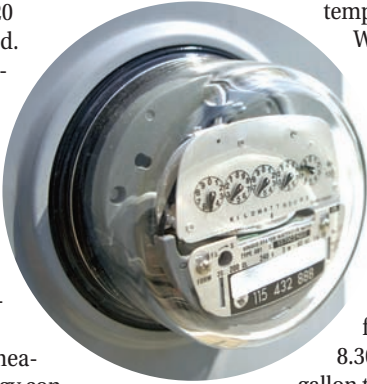
The re-grouping of home profiles will be reflected in energy consumption statements mailed June 20, and the home profile residents belong to will also be identified in the statement.

Water heater settings to help reduce energy

To help families reduce their monthly energy consumption, IPC will re-set water heater timers and adjust water temperatures in all homes. Water temperatures will be set to 120 degrees, as recommended by the Department of Energy.

Timers will be set to turn on during high-demand periods. Timers on an 80-gallon tank will be on from 5-8.30 a.m. and 5-8.30 p.m. Timers on 120-gallon tanks will be on from 5-8 a.m. and 5-8 p.m. on 120-gallon tanks.

By making these adjustments, IPC projects families will save 1.23 million kilowatts annually.





# Surgeon General tours, talks health and readiness

STEPHANIE BRYANT

Tripler Army Medical Center Public Affairs

HONOLULU — “Since 1775, Army Medicine has stood shoulder-to-shoulder with our warfighters in every single conflict, and it really is our honor to be able to serve warfighters and their families and provide them quality health care,” said Lt. Gen. Patricia Horoho, Army Surgeon General and commander, U.S. Army Medical Command, during her visit to Pacific Regional Medical Command staff and facilities on the island, June 12-14.

Horoho and Command Sgt. Maj. Donna Brock, senior enlisted advisor to the Army Surgeon General and of MEDCOM, toured Tripler Army Medical Center, U. S. Army Health Clinic-Schofield Barracks and the Warrior Ohana Medical Home in Kapolei.

Various interactive engagements, town halls and a luncheon were held so that Horoho could get feedback from staff at the military medical treatment facilities on island and from 18th Medical Command (Deployment Support).

Capt. Vanessa Mayo-Aquino, commander, Company D, Troop Command, TAMC, attended the luncheon with Horoho and Brock and said engaging discussions were held. Mayo-Aquino said Soldiers, especially medics, inquired about incorporating more hands-on-training into deployment preparation, as well as advancement processes.

“Most of the Soldiers had questions and were not afraid to raise their concerns,” Mayo-Aquino said. “It gave the chance for the (junior officers and enlisted Soldiers) to ask questions personally, and give their opinion, while at the same time not being intimidated while around (senior ranking leaders).”

Besides the desire for feedback from her Pacific region staff, Horoho focused her visit on ensuring the region is on board with her key imperatives and up-to-date on Army Medicine’s current strategies.

A virtual behavior health training day was held June 12 across all regions, in part to release policy guidance on the assessment and treatment of post-traumatic stress disorder, or PTSD, which standardizes assessment, treatment and care of PTSD across Army Medicine.

“This is now the standard across every (military medical treatment facility) and every post, camp and station,” Horoho said.

“What we’ve added to this is tele-behavioral health, so we now have regions,” Horoho said. “We have hired (additional behavioral health) specialists, so we can take that capability to remote areas.

“When you have big surges or demands for behavioral health, we now tap in through electronic (behavioral health channels) to get a capability out,” she continued. “If you look at Tripler, they are actually providing behavioral health (services) to Fort Bliss, Fort Hood, as well as Alaska.”

Horoho and Brock attended the U.S. Army-Pacific Commander’s Conference, June 14. Lt. Gen. Francis Wiercinski, commander, USARPAC, said it was a special opportunity for US-ARPAC and Horoho because she could deliver the address at a single event and reach out to the majority of USARPAC’s commanders, command sergeants major and command spouses about health readiness of the force.

“We need to think about health and readiness a little differently because we can have a ready force, but that doesn’t mean we have a healthy force,” Horoho said. “As leaders, we really have to look at health and health leading to readiness, realizing that they are not interchangeable.”

The strategy Horoho is implementing focuses on three main imperatives: sleep management, nutrition and activity.

“We are at a tipping point in our nation ... and we need to be aggressive about this,” Horoho said. “We’ve got to be able to take our health care capabilities and move outside our military

treatment facilities and into the (service members’) life space.

“If we want a healthy force, we have to change how we are providing care and really (encourage) the right behaviors out there (in our service members),” Horoho added.



Soraya Robello | TAMC Visual Information Office

Lt. Gen. Patricia Horoho, Army Surgeon General and commander, MEDCOM, addresses TAMC staff during a town hall during a recent visit to Pacific Regional Medical Command staff and island facilities, June 12.

## Tricare offers travel tips that will prevent coverage lapses

BRIAN P. SMITH

TriWest Healthcare Alliance

PHOENIX — When leaving on vacation or changing duty stations, Tricare remains your medical coverage.

Taking five steps helps avoid unexpected issues during upcoming travels, even during a change of Tricare regions:

- Keep your Defense Enrollment Eligibility Reporting System updated.

Regardless of the Tricare program, your DEERS record is the key to your military health care eligibility. When moving to a new location, don’t dis-enroll from Tricare Prime before the move. Transfer enrollment if Tricare Prime is available at your new location. Also, choose a new primary care manager, or PCM.

- Receive routine care at home.

Before hitting the road, take care of your family’s routine

health care like annual exams or required immunizations. Getting routine care at a new location before your enrollment is transferred can lead to claims issues and out-of-pocket expenses.

- Understand urgent and emergency care options.

Emergency care is covered for conditions that could result in a loss of life, limb or sight. Urgent care covers those issues that require medical attention in 24 hours, such as a rising fever or something like a sprain.

- Know that Tricare pharmacy delivers.

For medications on the road, remember to order refills before you leave. If you move, Tricare home delivery moves with you, too, and can even deliver to a temporary address.

- Access important information on the move.

If traveling within the Tricare West Region, stay connected to your health care by downloading the TriWest mobile app.

### Moving with Tricare

Tricare offers a variety of ways to continue your health care when moving:

- Learn how to transfer enrollment at [www.tricare.mil/moving](http://www.tricare.mil/moving).
- For an address change of more than 60 days, log into [www.milconnect.dmdc.mil](http://www.milconnect.dmdc.mil) to update DEERS.
- Learn more about Tricare prime rules for urgent and emergency care by visiting [www.TriWest.com/UrgentCare](http://www.TriWest.com/UrgentCare).
- Sign up for Tricare Home Delivery at [www.express-scripts.com/Tricare](http://www.express-scripts.com/Tricare).
- Stay connected to your health care at [www.TriWest.com/mobile](http://www.TriWest.com/mobile).
- Find more answers at [www.TriWest.com](http://www.TriWest.com)



# New research cautions using exercise balls as chairs

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**ABERDEEN PROVING**  
GROUNDS, Md. — In the past few years, much research has been devoted to trying to make workers healthier while working. One of the more popular ideas is the use of an exercise ball to replace a traditional office chair. However, there seems to be a great deal of debate comparing the pros and cons of using an exercise ball as an office chair.

Exercise balls were not originally intended as a piece of exercise equipment, but rather as a therapy tool to improve balance and strength. The instability of an exercise ball forces the use of core muscles in the mid-section. As an exercise tool, this instability is a positive feature because it is important to strengthen the muscles of the low back and abdomen. Those same features, however, are not necessarily desirable for a chair. Little research has been done on the effects of using an exercise ball as a full-time seat. One study suggested that extended sitting on an unstable seat surface does not really affect the overall spine stability. Sitting on a ball, however, appears to spread out the contact area, which could explain the reported discomfort. Another study’s results found an increase in muscle use in certain back muscles, as well as an increase in discomfort while sitting on the stability ball. From an ergonomics point of view, stability balls are not an effective solution for reducing low back pain in the workplace for these reasons:

- Active sitting increases the rate of fatigue due to constantly being off balance. In addition to fatigue, continuously maintaining your balance

throughout the day may be an issue for some individuals and people with previous back injuries.

- Exercise balls do not have arm rests or back supports, which are key features in supporting the body.
- A reclined sitting position is the most comfortable position for the back, and an exercise ball does not allow you to sit in this position.
- There are also safety concerns if someone is not using the exercise ball properly. Exercise balls do not have a stable balance and present a potential safety risk of falling off of them, or the ball may pop, causing the user to fall.

In addition, a general user may not realize that a fully inflated exercise ball is going to be much more difficult to sit on than a less inflated ball.

The only situation recommended for extended use of an exercise ball is as a form of exercise. In an office setting, an exercise ball should only be used for a few minutes at a time, spread throughout the day for an exercise break, but not as a full-time desk chair. Exercise balls are a great addition to a comprehensive exercise/health program. However, they are not a suitable addition to a comprehensive ergonomic computer workstation. The best way to reduce low back fatigue and discomfort from sitting is to limit prolonged exposure to sitting to one hour and to choose

a chair that allows you to change your sitting posture frequently throughout the day.  
*(Editor’s Note: Pentikis is an ergonomist at USAPHC.)*

**Exercise ball training**  
Directorate of Family and Morale, Welfare and Recreation health and fitness centers employ exercise ball instruction for a variety of classes. Cost of single classes begin at \$3. An unlimited one month class card costs \$35.

For more information on DFMWR health and fitness programs go to:

- [www.himwr.com](http://www.himwr.com)



**Jack Wiers** | U.S. Army Garrison-Hawaii Public Affairs  
Elizabeth McClamb, Directorate of Family and Morale, Welfare and Recreation fitness specialist, demonstrates exercise ball training at the Schofield Barracks Health and Fitness Center. Located in Bldg. 582, the center specialists offer daily classes in Body Blast, Boot Camp, and core training, which employs exercise ball instruction.

## A food journal works

**SHARI LOPATIN**  
TriWest Healthcare Alliance  
**PHOENIX** — Did you know more than half of American adults are overweight or obese? The actual number is 66 percent, according to the U.S. National Library of Medicine and the National Institutes of Health. Imagine a map of the U.S. showing the Mississippi River. Then, imagine everyone west of the river is obese. The problem is just that big. According to the American Dietetic Association, if you’re overweight or obese, you’re at a higher risk of many illnesses:

- Heart disease,
- Stroke,
- Diabetes,
- Certain cancers,
- Liver and gallbladder disease and
- Infertility.

You’ve probably heard that, with proper diet and exercise, you can lose weight and keep it off. But you may not know about this other little secret to weight loss.

**Keep a Journal**  
“Keeping a food and exercise log can help you achieve

the weight loss results you want,” said Meghean Cook, health coach, TriWest Healthcare Alliance.” A log is a way to hold yourself accountable.” Cook said keeping a food journal may reveal habits you didn’t even know existed. Do you grab a snack every time you pass the candy jar at work? Do you nibble all day, and then eat a huge meal at night? Do you drink too many high-calorie beverages in the morning? Keeping a journal just doesn’t work for food, but for exercise, too. “Recording your exercise can be very motivating to see your progress. You may notice you can walk farther, longer or faster,” Cook said. “Or you may notice you are stronger in your daily tasks because of the strength training you have been doing.” The key is this: Keep it honest.

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